

EFFECTS OF REMINISCENCE THERAPY ON ELDERLY'S SELF- ACCEPTANCE THROUGH GEROTRASCENDENCE THEORY IN JOMBANG UPT PSLU IN KEDIRI AND THE ELDERLY'S HEALTH CENTER OF PUHJARAK KEDIRI PUBLIC HEALTH CENTER

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ABBSTRACT

Introduction: Aging process is a natural phenomenon in which changes social and moral-spiritual life in elderly. Such changes may result in poor self-acceptance which ends in severe depression. This research analyzed how reminiscence therapy influence elderly's self-acceptance with the approach of gerotranscendence theory. **Method:** This study used quasy experiment with pretest-posttest non randomized control group design. The sampling technique was used purposive sampling. Twenty eight samples in Jombang UPT PSLU in Kediri divided into two groups, 14 samples in experiment group and 14 samples in control group, and samples from Elderly's Health Center of Puhjarak Public Health Center also. The independent variables in this study were elderly's self-acceptance and the dependent variable was the reminiscence therapy. **Result:** The results showed that the treatment group in UPT PSLU, there was an increasing acceptance of elderly during the pretest and posttest. The value of self-acceptance pretest between treatment and control group showed $p=0,139$, and posttest between treatment and control group showed that $p=0,000$. Treatment group in Elderly's Health Center, showed that elderly's self-acceptance increased during the pretest and posttest with $p = 0.001$. The value of self-acceptance pretest between treatment and control group showed $p=0,226$, and posttest between treatment and control group showed $p= 0.000$. The difference posttest values of inter-treatment group of UPT PSLU and Elderly's Health Center showed that $p=0,854$ and $p=0,017$ from inter-control group. **Discussion:** The reminiscence therapy has a great effect in increasing self-acceptance of elderly people. However, in addition to this therapy, age, the duration of living in convalescent and nursing home for the elderly, pleasant surroundings, and social supports were also contributing factors. Suggestions for further research are expected to perform strict control of observing respondents and locations of the research so as to maximize the result.

Keywords: *elderl's self-acceptance, reminiscence therapy, gerotranscendence theory*